



Wellness Central Fitness
Owned by Central Memorial Community Hospital
Wellness Central
2600 Three Leaves Dr.
Mt. Pleasant, MI
(989) 773-4390
<http://www.cmch.org/services.html#fitness>

State of Michigan employees will be given a membership discount.
Upon showing their SOM employee ID card, employees will pay
\$375 per year; waiving the enrollment of \$50.

The knowledgeable staff at Wellness Central Fitness will evaluate an individual's fitness level and develop an exercise program specific to their needs. This ADULT fitness facility offers:

- a personalized health fitness assessment with a written program designed specific for the individual including their limitations and risk factors.
- cybex strength training and cardiovascular exercise equipment
- a variety of organized exercise classes:

	Step/Sculpt	Sculpting	
	Step/Interval	Basic Step	
	Nifty Fifties	Swiss Ball	
	Moms in Motion	Cardio Combo	
	Kickboxing	Abs Class	
	Yoga		

- staff members that are certified through the American College of Sports Medicine and National Strength and Conditioning Association
- hours seven days a week